



**F&P** **Evora Full**

myStart Pack

# 1

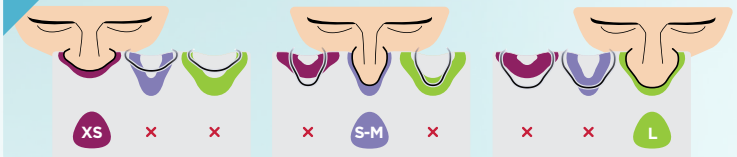
## Use the Sizing Guide

Use a mirror or ask someone at home to assist you with sizing.



Gently press the sizing guide on your top lip and then tilt up so it's resting on the underside of your nose.

# 2



Choose the size where your nose fits within the color border.

For complete user instructions, including intended use, warnings and precautions, please refer to the **F&P Evora™ Full Use and Care Guide**.

If you require further assistance, please contact your healthcare provider.

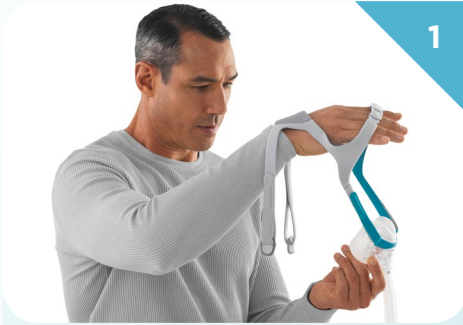


[www.fphcare.com/myEvoraFull](http://www.fphcare.com/myEvoraFull)

# 2

## Fitting your mask

Before connecting your positive airway pressure (PAP) device, carefully follow the steps below.



Ensure that both headgear clips are unhooked from the frame.



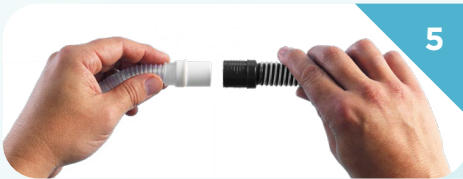
Place the seal on your face and guide the headgear over your head.



Hook both headgear clips onto the frame.



Gently tighten the headgear, starting from the top blue straps, followed by loosely fitting the lower straps.



Connect your mask to the PAP device and turn the air on. This may feel strange at first and you may notice some air leaks. Try to breathe naturally.

**Do not over-tighten your mask, having it too tight could be harmful.**

It should be worn as loose as possible without excessive leaking. If you are unable to adjust the lower headgear straps because they are too short, please contact your healthcare provider to order the XL Headgear.

# 3

## Fine-tuning your mask fit

If your mask does not fit perfectly the first time, here are some helpful tips for a better fit.



If the headgear touches your ear, tighten the strap on the top of your head so there is a small gap between the headgear and your ear.



Place your hand in front of the mask. The air you feel here is **expected leak**. It helps flush out the air that you are breathing out.



If you are experiencing **unexpected leaks**, reposition the mask by pulling the seal away from your face, and then let it rest gently back beneath your nose. Check your fit by lying down with therapy pressure on, and adjust the seal or headgear straps if required.

### Fitting tip

The mask should seal well and feel comfortable. If you are experiencing persistent leaks or discomfort with your mask, **see section 4** to help guide you through changing your seal size.

# 4

## Choosing the correct seal size

Only change your seal size if you experience discomfort or persistent leaks with your mask.

The Small-Medium seal attached to the mask works for most people. If this does not suit you, follow the steps below to help guide you through changing your seal size.



If you experience persistent leaks from the tip of your nose, try the Extra Small seal.



If you experience discomfort on the sides of your nose, or find breathing through your nose difficult, try the Large seal.



### Sizing tip

Try using the sizing guide on the first page of this booklet, if you're still not sure of your size.

### Removing your seal

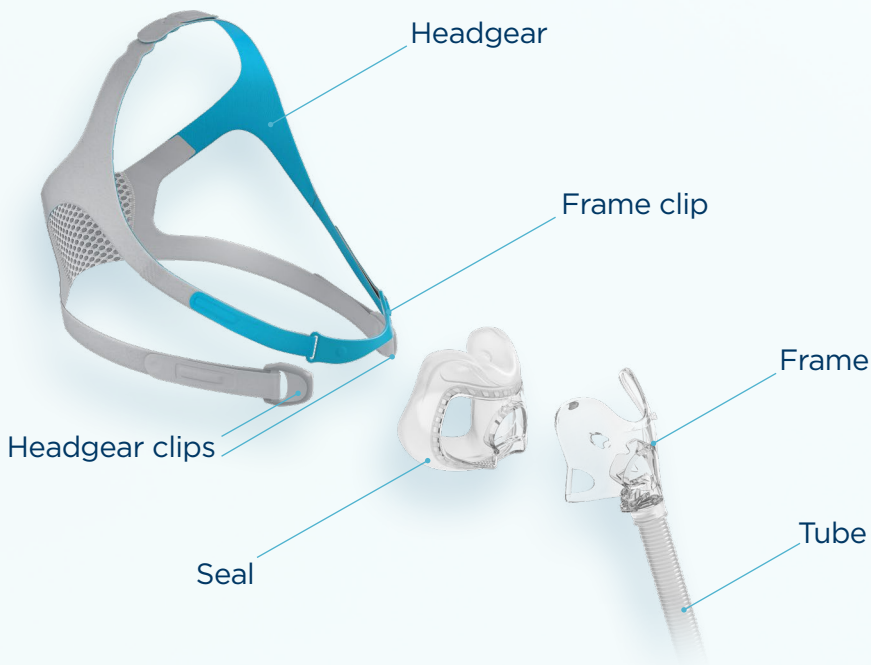
Grip the bottom of the seal and rotate upwards to remove it from the frame.



# 5

## Mask parts

Your mask can be disassembled for both cleaning and part replacement.



### Lost your swivel?

Check the swivel is not stuck in the end of the PAP breathing tube.



Swivel

### Headgear settings tip

To retain your headgear settings, keep the frame clip and headgear clips attached to your headgear when you wash it.



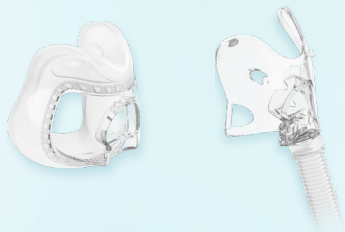
PAP device breathing tube

# 6

## Cleaning and replacement

It's important to clean your mask regularly to reduce the build-up of bacteria and allergens.

### 24 Wash Daily



Seal, frame and tube (connected)

### 7 Wash Weekly



Headgear, swivel, frame and tube (disconnected)

1. Hand-wash all parts in warm soapy water and do not soak for more than 10 minutes.
2. Rinse each part with fresh water to remove soap residue.
3. Inspect all parts to ensure they are all visually clean.
4. Leave all parts to dry, out of direct sunlight.

### Cleaning tips

- Your headgear and mask parts can take time to dry after washing. Try to establish a daily cleaning routine to clean them earlier in the day so they are dry before going to bed.
- Do not clean your mask in the dishwasher or with chemicals other than soap as this may damage it.

### Mask part replacement

Inspect your mask before each use for wear and tear and correct functioning per the Use and Care Guide. You may need to replace mask parts from time to time. To confirm your eligibility for replacement parts, contact your healthcare provider.

# F&P myMask App

For the full setup experience on fitting, fine-tuning and cleaning your mask, download the F&P myMask™ App\* or scan the QR code below.



\* Not available in all countries



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If you require further assistance, please contact your healthcare provider.

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